

August 2013 Newsletter



Wellness Oriented Workshops

Would you like an Adjustment Voucher?

Then attend one of our MONTHLY workshops

BOOK IN NOW LIMITED SEATS AVAILABLE

Wednesday August 14th at 6PM

Dr Tracy's day at the front desk

Dr Tracy had the opportunity to be a Chiropractic assistant and work at the front desk while Sue was on holidays. She thought, "The girls make it look easy, how hard can it be"?

It was a bit of a schmozzle, and a lot of fun, but what did I learn?

I have a new respect for the business of running a smooth front desk. There is a lot going on at once. I received a lot of phone calls, and lots of people surprised that I was on the other end of the phone. Being able to use the computer program can be a challenge if you don't use it every day. I spent a lot of time concentrating on the screen trying to make it do what I wanted it to do. I was on my feet and moving the whole time.

I made a few mistakes and had a fast learning curve on how to use the HICAPS to claim health insurance claims (it's not the most straightforward process). I now appreciate the fact that you have to keep an eye on everything and there is not an allocated time to go to the loo if needed.

I appreciate that the little things make the difference and that the better you know the role at the desk the easier it is to fit in the rest.

What did Dr Tracy take home from experience?

We can always learn more and do better. It is always good experience to walk a mile in someone else's shoes, and gives a whole new appreciation to the responsibilities of another member of your team.

Baby Headbands

We know headbands on babies are cute - but they are not necessarily a good thing for little heads.

The reasons:

- Baby head bones are not fully developed and the plates need room to move (e.g. the soft spot on the top of the head).
- The baby can't tell you if the headband is too tight and giving them a headache. If there is any impression in the skin then the headband is too tight.
- Soft head bones are pliable and susceptible to movement through the pressure. If the headband is too tight then the head bones may shift and could create a "funny shaped head".



[Photo Credit: Flickr](#)

We see enough "funny shaped heads" from birth, or babies sleeping on one side all the time - please don't make it tougher on them than it already is.

Things that happened in July - Yay Maroons!



Office Update

Dr Hart

Dr Hart wrote a thought-provoking article for his August update, but due to space constraints, you will have to wait until next month.

Dr Hart is available every Monday and Thursday.

Dr Tracy

Thank you all for the words of encouragement and support for the Renoir-Shanks art exhibition at Murphy's Creek. It was a fun day - even though some people didn't recognise me.



Dr Tracy's alter ego

July was a busy month and it was good to introduce the "WOW" Wellness Oriented Workshop. It is important to us to provide background and information about how chiropractic relates to your health. Everyone knows if you look after your teeth, they last longer. Same is true if you look after your spine and nervous system, they work better and therefore you last longer :)

August sees Dr Tracy head back to Texas so she and Glen can do a trip to Mt Rushmore and Yellowstone NP. Thankfully Dr Chantal will be available again to see everyone and keep them on the right health track.

Dr Chan

Dr Chan had a fantastic trip to

Colorado in July, and didn't even break a bone downhill mountain biking in Vail. She got quite hooked on it, but assures us that she won't be buying a mountain bike any time soon.

The 2nd half of the Main range hiking trip was cancelled due to the rain so it will have to be rescheduled for August.

Other than that, Dr Chan has been busy studying the History and Philosophy of Natural Medicine- one of her subjects for Advanced Nutrition. She also went mountain climbing.



Dr Meghan

July has flown by for Dr Meghan. The lambs have grown fast along with the kids. Arthur is learning new words by the minute. She enjoyed a little time off in the June/July holidays to share with the kids.

August is birthday month in the Keleher house with both Pete and Claire. Claire will be a big 8 year old.

Dr Meghan is available on Wednesday, Friday and alternate Saturdays.

Dr Sandie

Dr Sandie was very excited to welcome her cousin home after 18 months in France.

She has also been busy getting organised for her

upcoming wedding.

Dr Sandie is available on Monday and Thursday.

Sue

Sue had a lovely week away with her daughter Joanna, who has just returned from eighteen months in France. Sue would like to thank Ellen and Natalie for covering her shifts and Dr Tracy, who covered one shift for her.

Natalie

"I was having a little giggle to myself as I was getting the files for a busy afternoon with Dr Tracy. I mentioned to her, when I first started at Kennedy's I found it hard to bend down to where the W's to Z's are situated. Now I do it with ease and no sounds of the cracks in my knees, so as I sit and laugh at myself. My chiropractic work is obviously paying off in so many ways."

Kathryn

A trip to the Sunshine Coast to visit her daughter and granddaughters for a few days in July could be described as an incredible experience says Kathryn. For a couple of days Nana was on her own with Pearl, 6 years old and Evie, 12 years old. They went to the mall; the beach; the park by the Noosa River and two trips to the library.

What amazed Kathryn most of all was that when she was leaving to come home she asked Pearl, "Pearl, what did you like doing the most over the weekend?" She replied, "Going to the library."

With the news of a new library being built in Toowoomba made Kathryn realize what a gift a library really is and that we can really get out the G ray (gratitude) for all the wonderful libraries we have in Australia.

Kennedy Chiropractic Centre
130 Russell Street
Toowoomba
QLD, 4350

Phone 07 4639 1060
healthy@kennedychiro.com

Do you want to save a tree?

We are sending our newsletter by email – if you specifically want us to mail one, please advise reception.

We only use emails at the office for newsletters and individual communication.

We do not share your address with anyone else because we know how annoying it is to get spam.

If you would like us to remove you from our newsletter list email us at newsletter@kennedychiro.com

We're on the Web!

www.kennedychiro.com

or follow us on facebook

<https://www.facebook.com/pages/Kennedy-Chiropractic-Centre/172743446105466>

Office Calendar August and September 2013

August					
Monday 8am-12pm 2pm-5:30pm	Tuesday 7:30am-10:30am 3pm-6:30pm	Wednesday 9am –12pm 2pm –6pm	Thursday 8am-12pm 2pm-4:30pm	Friday 7:45am-12pm 2pm-5:45pm (7pm)	Saturday 8am-12pm
			1 <i>Dr Hart Dr Sandie</i>	2 <i>Dr Chan Dr Meghan Until 7:00pm</i>	3 <i>Dr Tracy Dr Chan</i>
5 <i>Dr Hart Dr Sandie</i>	6 <i>Dr Tracy</i>	7 <i>Dr Tracy Dr Meghan</i>	8 <i>Dr Hart Dr Sandie</i>	9 <i>Dr Chan Dr Meghan</i>	10 <i>Dr Tracy Dr Meghan</i>
12 <i>Dr Hart Dr Sandie</i>	13 <i>Dr Chan</i>	14 <i>Dr Chan Dr Meghan</i>	15 <i>Dr Hart Dr Sandie</i>	16 <i>Dr Chan Dr Meghan Until 7:00pm</i>	17 <i>Dr Chan Dr Meghan</i>
19 <i>Dr Hart Dr Sandie</i>	20 <i>Dr Chan</i>	21 <i>Dr Chan Dr Meghan</i>	22 <i>Dr Hart Dr Sandie</i>	23 <i>Dr Chan Dr Meghan</i>	24 <i>Dr Chan Dr Meghan</i>
26 <i>Dr Hart Dr Sandie</i>	27 <i>Dr Chan</i>	28 <i>Dr Chan Dr Meghan</i>	29 <i>Dr Hart Dr Sandie</i>	30 <i>Dr Chan Dr Meghan Until 7:00pm</i>	31 <i>Dr Chan Dr Meghan</i>
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30 <i>Dr Hart Dr Sandie</i>					

The office will be open late on alternate Fridays until 7:00pm.